

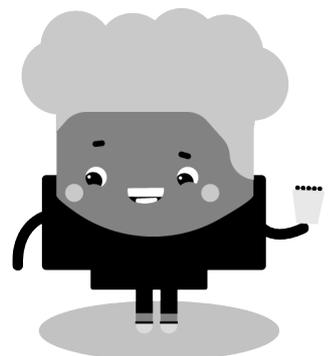


# Remember the Rainbow

## Some lesson plan ideas

A suggested guide as to how Remember the Rainbow could fit into lessons within the current primary school curriculum.

**Class: 1st/ 2nd class**



SUBJECT:

**SPHE**

STRAND:

**Myself and Others**

STRAND UNIT/ ELEMENT:

**My friends and other people**

CONTENT OBJECTIVE(S) / LEARNING OUTCOME(S):

- Know how to treat people with dignity and respect
- Identify, explore and discuss qualities and skills associated with friendship

ACTIVITY:

**Story time**

Share the story of Remember the Rainbow with the class using our 2 minute educational video.

This story outlines the importance of diversity in the world, how difference should be celebrated and if we all work together we can make the world a better place.

ACTIVITY:

**Discussion with the class**

Here are some suggested questions that you can ask your class after watching the video:

1. What did you think of the story?
2. Can you explain what the story is about?
3. How did you feel when watching the story?
4. Are the characters happy or sad at the start?
5. Are the characters happy or sad at the end?
6. What was your favourite part?
7. Who was your favourite character?
8. Would you like everyone in the world to be the same or different?
9. What would happen if everyone in the world was the same?

ACTIVITY:

## Learning the Phrase

# Respect Others. You Grow By Including Variety.

Start by reading out the phrase from the poster or the end-frame of the video so that the class can see it in front of them.

Ask them:

1. Do you understand all of these words?
2. What does this phrase mean?

Explain the meaning of the key words:

- **Respect**
- **Variety**

Once the understanding of the words and the phrase is clear to the class, it's now time to get them to learn it.

GAME:

Get the class to stand up in a circle and one child starts by saying the first word of the phrase; 'Respect'. Then go around the circle with each child saying the next word of the phrase. When a child lands on the last word of the phrase; 'Variety', the child who says this word must clap their hands or do a little dance and sit down. The game continues with all the children who are still standing until there is only one child left standing and they are the winner.

SUBJECT:

## **Visual Arts**

STRAND:

## **Paint and colour**

STRAND UNIT/ ELEMENT:

## **Painting**

CONTENT OBJECTIVE(S) / LEARNING OUTCOME(S):

- Paint objects chosen for their colour possibilities
- Discover harmony and contrast in natural and manufactured objects and through themes chosen for their colour possibilities
- Discover colour, pattern and rhythm in natural and manufactured objects and interpret them in his/her work
- Discover colour in the visual environment and become sensitive to tonal variations between light and dark, and to variations in pure colour (hue)

ACTIVITY:

## **Colours**

Next up are the colours. Using the poster, show the class the colours that match up with each word of the phrase and explain how the first letter of each word matches the first letter of the associated colour.

ACTIVITY:

## **Activity Sheets**

Download our set of activity sheets and use these to help teach the colours of the rainbow.

This is the suggested order to use them in:

1. Match the Colours
2. Name the Colours

ACTIVITY:

## **Colour Mixing**

Once the above steps have been completed, it's a good time to move on to the idea of colour mixing.

Firstly, the idea of the primary colours needs to be explained. Using the 'Colour Mixing' activity sheet and the 'Colour Wheel' activity sheet, teach the children that the primary colours cannot be made.

Ask the class, do you know the primary colours?

Red, yellow and blue are the 3 primary colours. They can't be made but by mixing these colours together in different ways we can create the colours of the rainbow.

Next, show the class how to mix the colours using paint, starting with orange. Once the first colour has been demonstrated, then get the class to try it for themselves, on the 'Colour Mixing' activity sheet, filling in the formulas on the same activity sheet.

The 'Colour Wheel' sheet can be used next or can be saved for another time.

ACTIVITY:

### **Colour the Rainbow**

And finally, the rainbow! Using the 'Colour in the Rainbow' activity sheet, let the children paint the rainbow using the new phrase and their new colour mixing activity sheet to guide them.

SUBJECT:

**Geography**

STRAND:

**Natural environments**

STRAND UNIT/ ELEMENT:

**Weather**

CONTENT OBJECTIVE(S) / LEARNING OUTCOME(S):

Observe and record varying weather conditions using appropriate vocabulary and simple equipment

ACTIVITY:

### **Learning About the Rainbow & How They are Made**

How are rainbows formed?

- Rainbows are formed when light shines through water, like when the sun shines through the rain. This light is bent and reflected, like a reflection in a mirror, and this causes all of the amazing colours that you see.
- Rainbows normally appear from the rain, but they can happen wherever light is being bent inside water droplets. Rainbows can be seen in mist, fog, spray, and dew.
- Rainbows are made up of all seven colours that come from light. These colours are red, orange, yellow, green, blue, indigo, and violet.

Can you touch a rainbow?

- Rainbows are not an object or a thing and they cannot be touched. They are made up of light that is reflected and bent and you cannot feel light when it shines.

Where is the end of the rainbow?

- There is no end to a rainbow. Even though they look like an arch to us, or an upside down letter U, rainbows are actually full circles.
- We only see some of the circle because we usually view the rainbow from the ground.

SUBJECT:

**Science**

STRAND:

**Energy and forces**

STRAND UNIT/ ELEMENT:

**Light**

CONTENT OBJECTIVE(S) / LEARNING OUTCOME(S):

- Investigate the relationship between light and materials

ACTIVITY:

**Rainbow Reflection**

MATERIALS NEEDED:

- Flashlight
- CD
- Blank white paper

Procedure for Exploring Rainbow Reflections

- Look carefully at the blank side of a CD. What do you see? What happens when you tilt it back and forth?
- Find a dark room in your house. Place the CD on the floor.
- Tape a piece of white paper to your wall. Aim the flashlight at the CD so that it makes the rainbow reflect onto your blank paper.

Questions to ask:

- What colours do you see?
- What different patterns can you make by moving the flashlight around?
- How do you think the colours are getting on the paper?
- Experiment with changing the distance from the CD to the paper. What happens? Why?

WHAT'S HAPPENING:

White light (like light from the flashlight) is made up of 7 colours (red, orange, yellow, green, blue, indigo, violet). The CD separates the white light into the 7 colours that make it up, which are then reflected onto the wall. A CD is made of aluminium (and covered with a clear coat of plastic.) It also has ridges in the metal which the light reflects off.



If you would like any additional resources or have any questions or feedback, please don't hesitate to get in touch at

[hello@remembertherainbow.com](mailto:hello@remembertherainbow.com)